FORTY YEARS FOR FAMILY RESTAURANT
VERGIRIS RECIPE IS NO SECRET {page 8}

NO REGRETS
PROTESTING PAGE HAS LOTS OF JOB OFFERS {page 4}

LONDON metro®
Monday, June 6, 2011
www.metronews.ca
News worth sharing.

It's fore a worthy cause

Two-day charity golf tournament, June 7-8 at Oakwood Inn, Grand Bend, raises $60-70,000 annually for Community Living ◐ 250 golfers from all over North America attend ◐ Expect a new tournament next year

KYLE REA
@METRONEWS.CA

After losing his sister and seeing the grief of a dear friend, David Scatcherd felt he had to do something to help children in need.

Now after 30 years and raising more than $1.5 million for children with physical and mental challenges, the tournament bearing his name is about to change.

Next year, it will no longer be the David Scatcherd Invitational Golf Tournament, but organizers promise the Scatcherd name, and the goal of raising funds for charity, will remain as they go back to the drawing board.

The tournament started in 1981 thanks to Scatcherd, 75, and his friend David Blair. Indeed, it was a labour of love and memory for both men — Scatcherd's sister, Jane, lived with physical and mental challenges and died at age 26. Blair had recently lost a 12-year-old daughter, who experienced similar challenges.

Scatcherd recalled going to his friend's house with a case of beer and consoling him.

"I said, 'I'll tell you what I'd like to do, I'd like to start a golf tournament. Let's do this right,'" Scatcherd said. "I think it's become the most successful golf tournament in Ontario. It's been incredible."

"I would say it started charity tournaments," said Scatcherd's son, Colin. "In 1981, there weren't really charity golf tournaments."

But after many successful decades this is the last year, said David Bartlam, Scatcherd's adopted son and tournament organizer.

"We'll always host a charity event. The Scatcherd family will always be responsible for doing something," he said. "We don't know what we want to do just yet. But next year, it'll be a brand new tournament."

But they're going out with a bang: Their goal is to raise $105,000 for Community Living this year.

Knowing this is the last year, Bartlam said the "old timers" are coming back to say a goodbye.

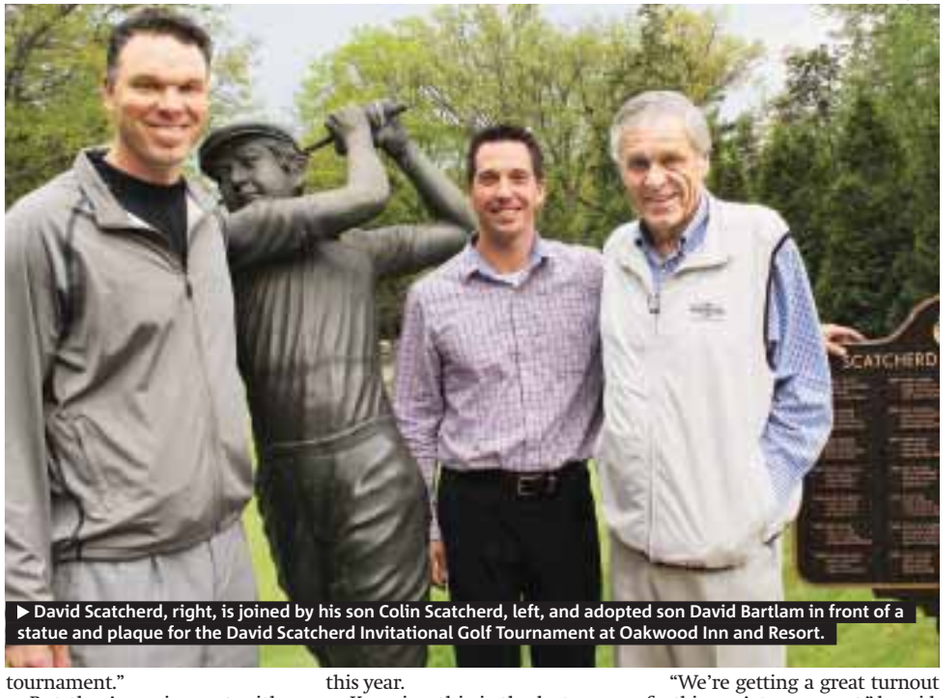
"We're getting a great turnout for this year's tournament," he said.

"There are people coming out who haven't played it in 10 years."

Long drive

- The tourney originally raised money for the Scatcherd Children's Centre, a Community Living London project located near Brescia College. Originally built in 1976, it was later torn down and replaced by the Scatcherd Respite Place in 2008. The home provides care for 16 children with physical and mental challenges.

KYLE REA/METRO



▶ David Scatcherd, right, is joined by his son Colin Scatcherd, left, and adopted son David Bartlam in front of a statue and plaque for the David Scatcherd Invitational Golf Tournament at Oakwood Inn and Resort.

1 news

Scan for local news, updated throughout the day.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Blogger Mike Benhaim lists his favourite cheesy "guilty pleasure" musical artists at metronews.ca/blogs

Follow us on Twitter @themetrolondon

JASON MENARD/FOR METRO

▶Ashley Murphy, with scissors, and Colon Cancer Canada's Amy Elmaleh are surrounded by Murphy's family as they prepare to cut the ribbon kicking off yesterday's Push for Your Tush event. Murphy's father survived a battle with cancer and is now cancer free.

Londoners pushed for their tush

Local youth starts a Push in support of colon cancer ◐ Push for Your Tush includes a 5-km walk, 10-km run or a 1-km toddler walk ◐ Yesterday's event at Gibbons Park was London's first

JASON MENARD
LONDON@METRONEWS.CA

Her father's diagnosis of colon cancer back in 2007 was the push that gave Ashley Murphy the incentive she needed to bring to London the Push for Your Tush Walk/Run for Colon Cancer Canada for the first time yesterday.

And, like her now-cancer-free father, the future of the event looks bright thanks to the Grade 12 student's efforts.

"My dad was diagnosed with colon cancer in 2007 and that made me want to help raise awareness for this cause," said Murphy, who attends Central Secondary School. "The best part of this has been how excited people have been and the support they've given."

She alone raised upwards of $6,000 and brought about 75 people to yesterday's event.

"I'll do this run forever, until colon cancer is no longer."
ASHLEY MURPHY, ORGANIZER OF THE FIRST-EVER PUSH FOR YOUR TUSH EVENT FOR COLON CANCER

Amy Elmaleh, the co-founder of Colon Cancer Canada, explained that Murphy's maturity, dedication and effort belied her true age.

"Before I met Ashley, I had no idea she was in high school," Elmaleh said. "She has a purpose and she's very driven — Ashley's a very special person."

Newborns get new home at Victoria

It took just under an hour for 38 patients, including 23 neo-natal infants, to make the move.

They were moved from St. Joseph's Hospital to Victoria Hospital as part of a transfer of all newborn and obstetric services between the two hospitals yesterday.

The move was part of a redevelopment project at London hospitals. **METRO**

Rolling in the dough for heart and stroke

More than 13,000 cyclists and in-line skaters took over two major Toronto arteries yesterday as they raised a record $3.9 million for heart and stroke research. **THE CANADIAN PRESS**

Ontarians may pay before they pump

Maybe it's time to consider a pay-first policy when pumping gas, Premier Dalton McGuinty said Friday.

"I think it's an option that we need to take a look at, and we'll listen carefully to the advice that we receive."

The government will seek advice from police, consumer groups and businesses, he added.

THE CANADIAN PRESS

Putting porn in the public sphere

- Conference hopes to garner national attention
- Experts to address impact on feminism, adults, children

NICOLE LAIDLER
LONDON@METRONEWS.CA

A London conference is hoping to ignite a national conversation about the role of pornography in society.

The two-day event features world-renowned anti-porn activists and authors, Dr. Gail Dines and Dr. Robert Jensen.

Today's mainstream pornography is not your father's Playboy, says Dines. The average age of first online viewing is between 11 and 13.

"Boys are introduced to a world of incredibly violent, body-punishing, hateful sex," she says.

Members of the public are invited to debate the issue at a free public forum.

CONTRIBUTED

▶ Dr. Gail Dines

"There are obviously differing views on pornography," says Megan Walker, executive director of London Abused Women's Centre, while noting that pornography plays a role in the sexual assault of many of the women seeking assistance at LAWC.

Play a role

- June 6 and 7 at Best Western Lamplighter Inn.
- Presented by London Abused Women's Centre, Middlesex-London Health Unit, Sexual Assault and Domestic Violence Treatment Centre (St. Joseph's Health Care) and Fanshawe College.
- To register call 519-432-2204 or email info@lawc.on.ca

Skateboard. Qualifier

▶ Alex Hann from London competes yesterday at the Red Bull Manny Mania 2011 qualification tournament at Victoria Park.

JASON MENARD/FOR METRO

From amateur to all-star

The winner will be one of nine amateur skaters to compete at the national championship in Ottawa on July 1.

Look inside today's metro for the icons below and enter for your chance to WIN.

Gas Stations
Grocery Stores
Drug Stores
Recurring Bill Payments

metronews.ca/momentum

YOU COULD
WIN♦
$10,000 cash
and one of 5 weekly cash prizes of $2,000

Courtesy of
Scotia Momentum®
VISA* Card†

You're richer than you think.®
Scotiabank®

♦ No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age. Contest closes June 19, 2011 at 12pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca/momentum.

† You will earn 2% cash back on the first $25,000 you spend annually at merchants classified by VISA as Grocery Stores & Supermarkets, Drug Stores & Pharmacies, Service Stations, Automated Fuel Dispensers and Recurring Payments (Merchant Codes: 5912, 5411,5541 & 5542). Sometimes there are separate merchants located on the premises of these merchants but are classified by VISA in another manner, in which case this added benefit will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. Earn 1% cash back on purchases made after you have reached the 2% $25,000 annual max., and on all other purchases. *Scotia Momentum* cash back is not awarded for cash advances, *Scotia*® VISA Cheques, credit vouchers, payments, purchase returns, card fees, interest charges or service/transaction charges.

* VISA Int./Lic. user The Bank of Nova Scotia. ™ Trademark of Visa Int./Lic. user The Bank of Nova Scotia. ® Registered trademarks of The Bank of Nova Scotia.

News in brief

THE CANADIAN PRESS

▶ Harper's cat

Facebook helps name PM's cat

Only a month after the federal election, Prime Minister Stephen Harper is headed back to the polls — to help name his new cat.

Harper posted a note on his official Facebook page asking people to pick a name for his family's new grey tabby. The options include Stanley, Smokie and Gandalf.

Facebook suggestions include Majority, Tory and Canuck.

THE CANADIAN PRESS

Grow-ops pose risks: Report

Canada's cops, firefighters and paramedics face dangers when they burst into marijuana grow-ops and illegal drug labs, according to a new federal report.

In addition to toxins, deadly chemicals, moulds and dangerous wiring, they have to dodge booby traps meant to kill or injure them.

The report prepared for the federal Justice Department surveyed emergency workers across the country, and found most don't feel prepared when they inadvertently enter grow-ops and drug labs to deal with fires, explosions and other incidents.

THE CANADIAN PRESS

Hotels house flood victims

Quebec's floods that have forced hundreds of citizens of the Richelieu River from their homes for over a month are transforming regional hotels into two-and-a-half star displaced-person camps.

In the near future a massive cleanup of their waterlogged homes will begin — many of which are damaged beyond repair.

Until the flood waters retreat, victims will continue to live in limbo. Hotel guests are struggling with insomnia and some break down in tears. THE CANADIAN PRESS

'Stop Harper' stunt wows

Page puts job on the line in a silent call for Canadians to think twice about the Conservatives Filmmaker Michael Moore salutes shocking protest

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Sergeant-at-Arms Kevin Vickers escorts page Brigette DePape from the floor of the Senate as Gov. Gen. David Johnston delivers the speech from the throne on Parliament Hill in Ottawa on Friday.

A high-profile American activist has become a cheerleader of the Senate page who lost her job for her stunning protest against Prime Minister Stephen Harper.

Michael Moore has posted a giant photo on his website of 21-year-old Brigette DePape holding up a "Stop Harper" sign in the Senate chamber during Friday's throne speech.

Moore has also shared a link to a news story describing DePape's stunt, calling for U.S. students to "take note."

In an interview yesterday, DePape told The Canadian Press she's excited her protest has attracted attention from a high-profile activist like Moore.

The University of Ottawa graduate was fired from her job for the move and was criticized by many Parliamentarians who suggested it was disrespectful.

But DePape said she has no regrets about the incident and remains convinced the best way to stop the Harper government is through protests like the one she staged.

"I really think it's only through inappropriate action that you can challenge the status quo and have real change," she said, adding that she's been overwhelmed by positive feedback from Canadians. "It's been really inspiring."

DePape said she initially joined the Senate page program to learn more about politics, but became convinced that the Conservative government's agenda was disastrous on everything from the environment to social programs.

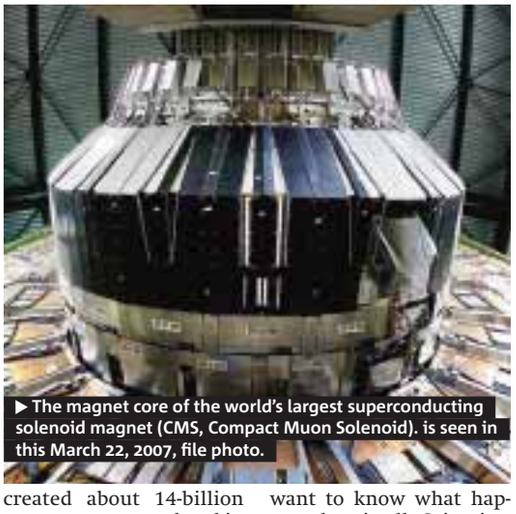
DePape stood in the Senate chamber for about 20 seconds holding the sign on Friday before she was ushered out by security. THE CANADIAN PRESS

Future plans

▶ Brigette DePape said she's received several job offers but hasn't decided her plans yet, though she will be participating in anti-Harper rallies and social movements.

Getting to the heart of antimatter

SEAN KILPATRICK/THE CANADIAN PRESS



▶ The magnet core of the world's largest superconducting solenoid magnet (CMS, Compact Muon Solenoid). is seen in this March 22, 2007, file photo.

A tiny crack in the door to an alternate universe has been wedged open a bit wider.

Canadian and international scientists have announced a major breakthrough in their ability to capture and store minuscule particles of antimatter, the mysterious substance described as a mirror image of everyday reality. It lies at the heart of the most fundamental questions in physics.

"I call this a game-changer," said Makoto Fujiwara, a University of Calgary scientist and the lead author of a paper published in the journal Nature Physics. "The antimatter world is some sort of mirror world," he said.

"We're really peeking. There's so many things thought of as science fiction that we can seriously consider scientifically studying them. We're really excited about this."

Fujiwara and 40 other physicists from eight countries working at the Switzerland-based European Organization for Nuclear Research, or CERN, say they have been able to hold on to atoms of antihydrogen — the antimatter counterpart to regular hydrogen — and do so for nearly 6,000 times longer than the previous record.

The team has also been able to catch eight times as much antihydrogen as before.

"It will really provide us with an opportunity to measure different properties of antimatter very precisely," Fujiwara said. "You can think of a lot of studies that were not even imaginable before."

Physicists believe that when the universe was created about 14-billion years ago, as postulated in the big bang theory, matter and antimatter were created in equal amounts. But the universe now contains almost no trace of antimatter and scientists want to know what happened to it all. Scientists can now begin to recap the entire history of 20th-century physics, from the antimatter side, Fujiwara suggested.

THE CANADIAN PRESS

6th Annual Community Spirit Award
To Assist With Your Community Project
Applications Must be Received by June 30th, 2011
$20,000
Visit www.middlesexmutual.on.ca
MIDDLESEX MUTUAL INSURANCE CO.
Home Farm Auto Commercial
13271 Ilderton Road, Ilderton, ON N0M 2A0
Phone: 519-666-0075 1-800-461-4045 Fax: 519-666-0079

Everyone was invited?

Teen mistakenly publishes sweet 16 party invite to all on Facebook

Better check your Facebook settings before posting a party invitation online.

A teenage girl in Germany who forgot to mark her birthday invitation as private on Facebook fled her own party when more than 1,500 guests showed up and around 100 police officers, some on horses, were needed to keep the crowd under control.

Eleven people were temporarily detained, one police officer was injured, dozens of girls wearing flip-flops cut their feet on broken glass and firefighters had to extinguish two small fires at the 16th birthday party in Hamburg, police spokesman Mirko Streiber said yesterday.

The birthday girl went into hiding, Streiber said, but "nonetheless the party was a hit." THE ASSOCIATED PRESS

STEFAN SIMONSEN/THE ASSOCIATED PRESS

▶ Party-goers gather in Hamburg, Germany, Friday after a teenage girl, identified only as Thessa, forgot to mark her birthday invitation as private on Facebook.

NHL sellout leaves fans desperate

NHL season tickets in Winnipeg sold out in 17 minutes.

And the return of the Jets (or Whiteout, or whatever they're going to be called) has spawned a number of desperate and not-so-serious ads on free classifieds websites like Kijiji.ca.

Some examples include one couple who posted a picture of their baby son with the title: "Doesn't he deserve to experience Jets games?"

There were also a number of people claiming to be in the doghouse and selling their tickets for a massive markup. Some are willing to pay outrageous prices.

Others were offering incentives to people willing to part with their tickets, including one guy willing to throw in a $300 gift certificate for The Keg if he could buy half of a season and another guy willing to give up his first born (we hope he's kidding).

And still others did nothing but post ads admonishing scalpers for selling their tickets for more than they were worth.

ELISHA DACEY

FRANCISCO NEGRONI/THE ASSOCIATED PRESS

▶ Volcanic lightning in Chile.

Chilean volcano erupts with a flash

A volcano in the Caulle Cordon of southern Chile has erupted violently, billowing smoke and ash high into the sky and prompting more than 3,500 people living nearby to evacuate and forcing flight cancellations. Ash and gas continued to billow from the earth yesterday

There were no reports of injuries from Saturday's eruption.

A column of gas 10 kilometres high and five kilometres wide rose from Puyehue-Cordon Caulle complex, according to Chile's National Geology and Mining Service.

Chilean authorities evacuated some 3,500 people from 22 settlements near the volcano, which produced an eerie show of lightning dancing through its clouds of ash overnight.

Rodrigo Ubilla, Chile's undersecretary of labour, said some people near the volcano had decided not to leave their homes because they didn't want to abandon their animals.

THE ASSOCIATED PRESS

When you invest in Ontario Savings Bonds, you're investing in what makes Ontario stronger.
You can feel confident you're making a safe, flexible investment with competitive rates, that's guaranteed by the province. Ask for Ontario Savings Bonds by name where you bank or invest.

STEP-UP RATE BOND
The competitive interest rate continues to rise with each year over its 5-year term. You can redeem every six months.

1ST YEAR	1.25%
2ND YEAR	1.50%
3RD YEAR	2.00%
4TH YEAR	2.50%
5TH YEAR	3.75%

VARIABLE-RATE BOND
To remain competitive, a new rate is offered annually over the 3-year term. You can redeem annually.

CURRENT RATE	1.30%

FIXED-RATE BOND
Enjoy a set competitive interest rate for the duration of the bond's term.

3-YEAR FIXED-RATE BOND	2.15%
7-YEAR FIXED-RATE BOND	3.20%
10-YEAR FIXED-RATE BOND	3.80%

AVAILABLE
June 1 - 21

ontario.ca/savingsbonds • 1-888-212-BOND (2663) • TTY: 1-800-263-7776

Paid for by the Government of Ontario

Ontario Savings Bonds | Ontario

20 dead in border clash

Israeli troops battle pro-Palestinian protesters along Syrian border
Marchers organized on Facebook

Israeli troops battled hundreds of pro-Palestinian protesters who tried to burst across Syria's frontier with the Golan Heights yesterday, killing a reported 20 people and wounding scores more in the second outbreak of deadly violence in the border area in less than a month.

The clashes, marking the anniversary of the Arab defeat in the 1967 Mideast war, drew Israeli accusations that Syria was orchestrating the violence to shift attention away from a bloody crackdown on opposition protests at home. THE ASSOCIATED PRESS

Two sides

The recent protests have drawn attention to the plight of Palestinian refugees who fled or were expelled from their homes during Israel's war of independence in 1948.

- The original refugees, and their descendants, now number several million, and they demand "the right to return" to the families' former properties.
- Israel opposes the return of these people, saying it would spell the end of the country as a Jewish state.

JULIE JACOBSON/THE ASSOCIATED PRESS

Vancouver Canucks fans celebrate outside Rogers Arena after Game 2.

OVERTIME WIN SPELLS DOWNTOWN PARTY

JEFF HODSON
@METRONEWS.CA

The combination of a weekend game and sun brought out the crowds in Vancouver on Saturday night.

Police estimated more than 70,000 people — many carrying homemade Stanley Cups of varying degrees of sophistication — flooded the city's downtown to watch the game and celebrate Vancouver's 3-2 overtime win over Boston.

HOME ICE ADVANTAGE

The number was almost double the 40,000 people who celebrated downtown on a soggy Wednesday after Game 1.

Fans have been using YouTube to show their support, among them parodies of Cee Lo Green's Forget You and Rebecca Black's Friday.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

E. coli outbreak linked to Germany

The terrifying E. coli outbreak in Europe appears to have been caused by vegetable sprouts grown in Germany, an agriculture official said yesterday as the toll climbed to at least 22 dead and more than 2,200 sickened.

Preliminary tests found that bean sprouts and other sprout varieties from an organic farm in the Uelzen area, between the northern cities of Hamburg and Hannover, could be connected to infected people in five German states, Lower Saxony Agriculture Minister Gert Lindemann said.

In recent days, suspicion had fallen on lettuce, cucumbers and tomatoes, perhaps from Spain. THE ASSOCIATED PRESS

"First it's the 'evil' Spaniards, and then you hear, very surprised, that it is our neighbour."
DIETRICH BENNI, WHO LIVES NEAR THE FARM

Pope's plea to couples

Pope Benedict XVI has denounced the "disintegration" of family life in Europe and has called for couples to make a commitment to marry and have children, not just live together, during his two-day visit to Croatia. THE ASSOCIATED PRESS

90% Croatia is nearly 90 per cent Catholic, but it allows some legal rights for same-sex couples and permits abortion up to 10 weeks after conception.

Weight Loss Simplified!
Look and feel your best! Whatever your weight loss goal, the PROVEN RESULTS Weight Loss Plan by Renew Life will get you there, once and for all.
Burn Fat • Balance Blood Sugar • Increase Lean Muscle Mass • Enhance Elimination
PROVEN RESULTS WEIGHT LOSS PLAN
Day 1 to 14
Take DietSTART daily as directed. This 14 day kit will help your body to burn fat and release excess water and waste. You can lose 2-10 lbs in 2 weeks!
Day 15 to GOAL!
After completing DietSTART, switch to SIMPLY TRIM until you reach your desired weight. Just two capsules of SIMPLY TRIM a day will turn your body into a natural fat burning machine, helping you lose weight and reshape your body.
Visit in-store for your free copy of the "Proven Weight Loss Results" booklet
Accelerated Weight Loss
To take your weight loss results to the next level, replace one meal per day with a FitSMART Shake. Each shake provides 20 grams of protein, 10 grams of fibre and loads of nutrition. FitSMART Shakes are a simple and satisfying way to lower calories and enhance weight loss results.
DietSTART
SIMPLY TRIM
RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE
TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-455-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA
Receive $2.00 OFF
your purchase of ANY* Renew Life Product

Report claims feds hoarding copyrights

In 2009, more than 2,100 patents and copyrights by outside contracts held by government departments

Departments and agencies are hoarding hundreds of patents and copyrights, violating the federal government's rules on intellectual property, says a new report.

For more than 10 years, federal policy has been to assign contractors the rights to any intellectual property produced during their work for departments and agencies. For example, a software company that writes a computer program under a federal contract can retain the copyright and sell the program. The policy, implemented in 2000, says only in exceptional circumstances should Ottawa retain a patent or copyright — largely because the private sector is best positioned to exploit it commercially.

A new report found that too many patents and other intellectual properties are winding up in government hands. In 2009, 59 per cent of the intellectual property generated by outside contracts was snapped up by government departments.

THE CANADIAN PRESS

Protocol

- The 2011 report found few departments were applying to the Treasury Board to allow them to retain patents or copyrights.
- It says Canadian rules are being widely ignored.
- It also criticized the Treasury Board and Industry Canada for failing to monitor departments' adherence to the policy.

Game. Invasion

▶ A girl walks by a Super Mario figure at the Nintendo showroom in Tokyo in this file photo. Nintendo was targeted in a recent online data attack, but no information was lost, the maker of the Wii game console said yesterday.

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Nintendo faces security breach

The server of an affiliate of Nintendo's U.S. unit was accessed a few weeks ago, but there was no damage, company spokesman Ken Toyoda said. A recent spate of similar breaches resulted in more serious damages at Nintendo rival Sony Corp.

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
– 1.59 (13,517.91)	– 0.28¢ (102.22¢ US)

Oil	Natural gas 1,000 cu ft	Gold contracts
– 18¢ US ($100.22 US)	$4.707 (– 8.7¢)	$1,542.40 (+ 9.70)

2% cash back on recurring bill payments†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

Flaherty plans to stay the course

In a way, it will go down as the ultimate budget leak.

When Finance Minister Jim Flaherty stands up in the House of Commons today to deliver the government's fiscal plan for the upcoming year, Canadians could be forgiven for thinking they've heard it before.

They have. As Flaherty has repeatedly said since his party won its first majority on May 2, he intends to bring back essentially the same document he unveiled two months ago and that all three opposition parties rejected.

Taking what remains of the drama out of the process, Flaherty has also unveiled the two major changes he does intend to bring in — setting aside about $2.2 billion for Quebec's adoption of the harmonized sales tax, and beginning the process of phasing out political party financing.

"Basically this is the March 22 budget with a couple of additions from the platform," the minister said recently. Officials have also let it be known there will be few surprises, if any, reducing the usual all-day lock-up for reporters to a slim two hours.

THE CANADIAN PRESS

Move over, Oxford, there's a new school in town

A group of prominent British academics said yesterday they are starting a private university in London to rival the country's elite institutions in Oxford and Cambridge.

The New College of the Humanities will be led by AC Grayling, a renowned philosophy professor, and the faculty will include Richard Dawkins, an evolutionary biologist and successful author, economics professor and writer Niall Ferguson, and other prominent educators.

It will be a relatively small university boasting at least one teacher for every 10 students and offering one-to-one tutorials and extensive contact between teachers and students, officials said.

In a message posted yesterday on the new university's website, Grayling said graduates would be ready to make "an immediate contribution in business, government, media or the arts."

He also said college staff would help arrange internships.

Greyling said that "a significant number" of scholarships would be awarded.

The new college has started accepting admissions applications, with classes expected to begin in October 2012.

THE ASSOCIATED PRESS

DAVID LEVENSON/GETTY IMAGES

▶Author and scientist Richard Dawkins, writer of The Selfish Gene, will be part of the faculty at an elite private college opening its doors in the U.K. next year.

High costs

- The college will offer degrees in literature, history, economics, law and other disciplines, in conjunction with the University of London.
- Tuition fees will be set at $29,500 US per year, double the maximum allowed under a government cap on public universities.

THE MASCOT MELDS OLD, NEW WORLDS

URBAN COMPASS

JILL ELLIS
METRO LONDON

To be in business for four decades is a feat, but to be in the restaurant business for 40 years is an uncommon occurrence, especially in a town where eateries seem to come and go at an alarming rate.

I don't think many would argue that London has a lot of restaurants, but the Mascot is one of the city's longest running.

Family-owned and operated by three brothers, this Dundas Street diner reflects the personalities of its proprietors: Gentle melding of old and new worlds, offering good food and genuine hospitality. From the Sparta region of Greece, the Vergiris brothers came to Canada one by one. Theodoros was first, followed by Peter, and the two took the Mascot over from its previous owner, Peter Mitsis. Youngest sibling Elias soon followed to help out in the new venture. Over the years, the wives and children have worked together in the family business.

"From the Sparta region of Greece, the Vergiris brothers came to Canada one by one. Theodoros was first, followed by Peter, and the two took the Mascot over from its previous owner."

The Mascot's menu is an amalgam of Canadian and Greek choices, but when they were starting out, the brothers erred on the side of caution and solely offered North American cuisine.

In such a volatile business, through economic highs and lows, the Mascot has prevailed. Peter says the equation for success is simple: "The secret is hard work, good food, good service and reasonable prices.

"All these years we have made lots of friends, and we thank all those friends and customers for their support."

The city's core is often cited as a tough business environment, but Peter is quick to say that being part of the hub has been good for the Mascot. He says that while the 1970s were the heyday for business, the core's recent additions, like the John Labatt Centre, are reigniting its vitality.

In the 1970s, the Santa Claus parade was a big draw for the Mascot, and now "taking it to the street" enhances the bottom line.

Summer events, like Car Free Day and Canada Day, will have folks strolling the sidewalks, enjoying a souvlaki or burger from the Mascot.

Friend and downtown business neighbour Mike Manuel, owner of London Music Hall, remembers one Canada Day when spontaneous Greek dancing broke out. "There was music but no Greek dancing scheduled, like there is this year. But when someone requested Greek dancing, Peter came out and did the Opa dance," smiles Manuel.

Go Greek and celebrate 40 years with the Vergiris family by dropping by the Mascot this summer.

Contact Jill Ellis at londonurbancompass@metronews.ca

United 'sisters' hope to improve plight of women

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know Canada is full of compassionate individuals, inspiring projects and stories worth celebrating.

Here is just one.

Last month, London hosted Canada's first national conference on women and homelessness. For three days, the All Our Sisters National Forum created a safe space for more than 500 women to share stories, discuss research and build a national network to improve women's access to safe and secure housing. Co-chairs Shelley Yeo and Heather McDonald described the event.

"There was talking, crying, dancing, singing, celebrating and a real sense that we are united and committed to making changes to improve the conditions for all women in Canada."

Before the conference, women's stories from across Canada were collected through the Shoebox Project. The stories are on display at the London Public Library's Central branch.

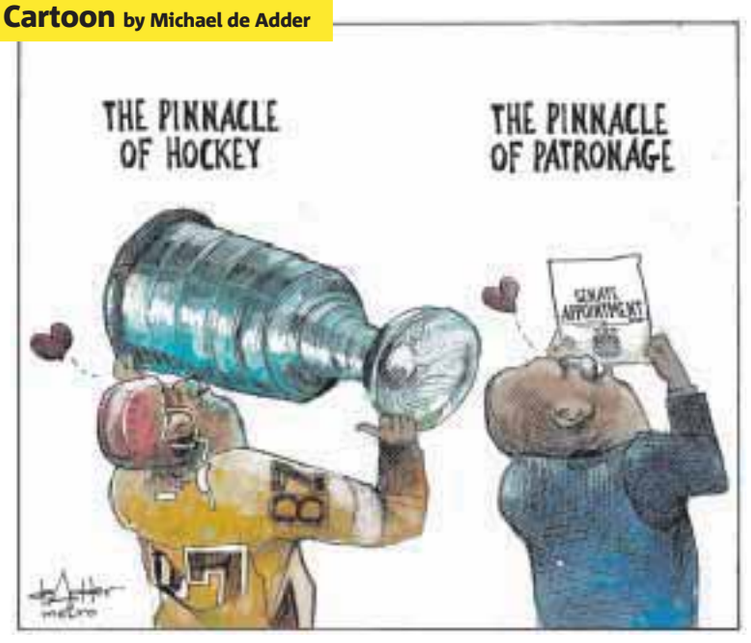
CRAIG AND MARC KIELBURGER/FOR METRO

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@Cwatca:** Listening to Let's Go Higher — @jordanknight while I work out :-)
- **@Robski_Boy:** Alpha Ursae Minoris is my fav star. Am I doing this right ?
- **@RickTelfer:** I know I'm a bit of a crazy cat lady but this really is super-super-cute. #fb http://t.co/rwFLqhf
- **@lights:** Won't lie, pretty damn proud of the Canucks.
- **@thatguyinlondon:** Slept in until 11:30. Haven't done that in forever. Staying up until 5 reading might have contributed.
- **@Misha_Medeiros:** You shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back. — Maya Angelou
- **@nicholasmizera:** Thanks to the Private that drove us around base, this documentary's soundtrack is comprised mostly of Aesop Rock.
- **@jonwjackson:** Music in the stores at the mall is more horrifying than being at the mall itself. #killme #ldnont
- **@jo_mAmA:** I want this one! I'm going to name him Yoda. :) http://twitpic.com/57f6vi

Cartoon by Michael de Adder



WEIRD NEWS

Now they are taking the shirt off his back

Thousands of buyers vied for items that once belonged to convicted swindler Bernard Madoff, with 14 pairs of his underwear going for $200 US and a photograph of a naked rear end selling for $4,600.

The Miami Herald reported the U.S. Marshals Service held the auction Saturday in Miami Beach.

Some bidders, like Mike Burd of Long Island, N.Y., planned to resell the goods for profit on eBay. Others, like North Miami online retailer Rich Kroll, simply wanted a piece of history.

The mostly household goods brought in more than $400,000, which will go toward compensating victims of Madoff's $65-billion Ponzi scheme. Madoff pleaded guilty and is serving a 150-year prison sentence.

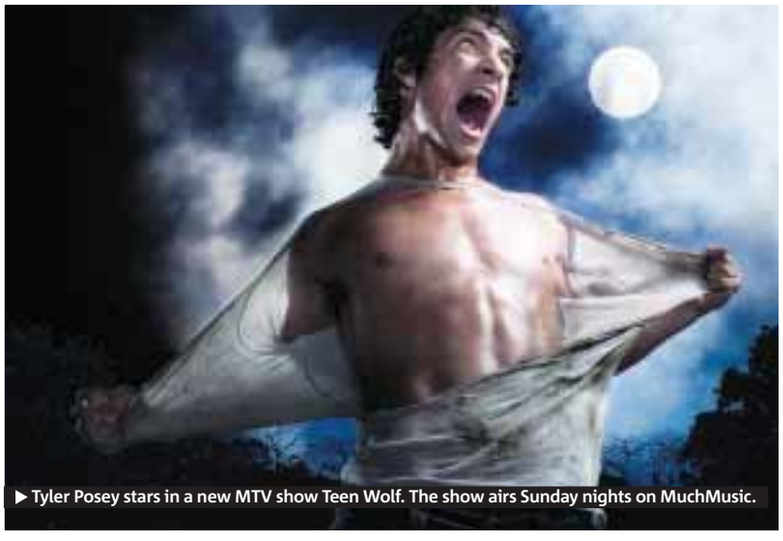
THE ASSOCIATED PRESS

metro
METRO LONDON • 350 Talbot Street • Main Floor London ON • N6A 2R6 • T: 519-434-3556 • Fax: 888-474-3094 • Advertising: 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • Distribution: london_distribution@metronews.ca • **Publisher** Irene Patterson, **Managing Editor** Jim Reyno, **Sales Manager** Charlotte Piper, **Distribution Manager** Rob Delvallet • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Who's afraid of the big bad wolf?

- 19-year-old Tyler Posey gets some big claws and fangs for his role in Teen Wolf
- TV show has little in common with the original Michael J. Fox film from the 1980s

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD



▶ Tyler Posey stars in a new MTV show Teen Wolf. The show airs Sunday nights on MuchMusic.

There's just something about Tyler Posey that makes people think of werewolves. Not only is he leading MTV's new, darker series version of Teen Wolf, but 19-year-old California native was also considered for the role of shape-changing Jacob Black in the Twilight films — a role that eventually went to Taylor Lautner.

"I guess, according to MTV, I have a lupine look, which I had no idea what that meant. Does anyone know what that means?" Posey asks, before being given the definition. "Wolf-like? I had no idea what that meant. But yeah, I have a 'lupine' look." Which is not to say Posey is a particularly hirsute young man. "I shaved 18 days ago," he jokes. "I grow no hair. I just look like a wolf. Dark and handsome."

In fact, if he could take on any of his werewolf alter-ego's abilities, it wouldn't be the increased speed, strength or senses, he admits. "I'd like to grow hair. On my face," he says. "My werewolf grows big, crazy muttonchops. But he grows it and then it just goes away. That's the power I want. I can just grow whatever I want and bring it in whenever I want. Why not?"

Posey is quick to point out this Teen Wolf doesn't have a lot in common with the original film — which came out before Posey and most of its target audience were born — including how his character looks during a full moon.

"The big movie I really looked at for inspiration was Wolf with Jack Nicholson, because it's totally our genre," he says. "It's funny, there's romance in it, and his wolf looks a lot more like ours. It's more smooth and … was it sexy? I don't want to call Jack Nicholson sexy. But he is."

While other actors might be canceling their Internet service to avoid reading scathing message board rants — which Teen Wolf was generating long before its premiere — Posey refuses to hide.

"I like hearing reviews, I like hearing what people have to say," he says. "I want to keep track of the show, see what people think. Nothing deters me. If people say bad reviews, it's just like, I like the show. That's what matters, right?"

Besides, Posey knows he has supporters, since he interacts with them as much as possible. "I'm Twittering like crazy," he says. "I'm pretty good with trying to stay in contact with my fans. Like, every single person that talks to me I try to message back. That's one of my favourite things about Twitter, just being so personal with your fans. I think it's so cool. I don't know, I just like it. I feel like I can change the world. And I'm going to, damn it, one tweet at a time."

MTV Awards

Show. Saturday Night Live star Jason Sudeikis hosted the two-hour MTV Movie Awards last night. The film fete's awards are given based on fan votes for their favourite movies in quirky categories such as best kiss, best fight and best jaw-dropping moment. Visit metronews.ca/scene for coverage of the event.

2 scene

Scene in brief

Studio estimates yesterday pegged X-Men: First Class at a solid No. 1 opening with a $56 million US weekend. But the prequel chronicling the formative years of the comic-book mutants found smaller audiences than the franchise's first four big-screen adventures.
THE ASSOCIATED PRESS

Who sought J.R.? Dallas star Larry Hagman's memorabilia auctioned off in Beverly Hills. Scan code for story.

YOU COULD WIN A TRIP FOR TWO TO THE L.A. PREMIERE OF
LOOK IN METRO FROM JUNE 2ND TO JUNE 8TH FOR THE HIDDEN GREEN LANTERN ICONS
YOU COULD ALSO WIN PASSES TO SEE THE FILM!
VISIT clubmetro.com TO ENTER
GREEN LANTERN
IN THEATRES JUNE 17
IN 3D IN SELECT THEATERS
WWW.GREENLANTERN.COM

CHRIS YOUNG/THE CANADIAN PRESS

▶ Dallas Green

Green still not a cheery Colour

Dallas Green as self-critical as ever despite success of City and Colour

With a polished third disc ready for release and some prestigious recent gigs behind him, Dallas Green appears poised for an international breakthrough.

But the artist known as City and Colour doesn't want his fans to worry. The troubled troubadour isn't in danger of cheering up anytime soon.

"I'm still the same old guy I've always been," Green said during a recent interview in Toronto. "I still write songs about how I have no faith in myself — it's never going to change.

"And maybe that's better, because no matter how many times I play at (Toronto's) Massey Hall or Royal Albert Hall (in London), or how many records (I sell) whatever, I still think I can do better and still want to be better, more so for myself than anyone else.

"Having those big experiences just makes me like recess back further into the hole that I'm in that makes me want to get better."

Yet that last comment does not mean that Green, with an ever-growing contingent of fans waiting on his music, is shying away from personal material.

In fact, on Green's third solo disc, Little Hell — out Tuesday — the 30-year-old includes enough intimate details of his life to make an oversharing reality TV star blush. He delves into his wife's nightmares, into the way he relates to his parents, into fleeting moments of relationship-related despair and into the mental-health struggles endured by his sister. He says writing about his innermost feelings is not new for him, but he continues to strive for universality even in his most personal pieces.

"When I write songs like that ... I guess I think I write them in a relatable enough way that anyone who's been through something with someone they love, you can easily listen to that song and just replace the word 'sister' with brother, mother, father, or uncle, aunt, anything."

THE CANADIAN PRESS

Platinum plus?

- Each of Green's previous two independently released solo projects (2005's Sometimes and 2008's Bring Me Your Love) were certified platinum in Canada.
- Some have already made the not-so-bold prediction that Green could build on those returns with his third effort, which is set for release on Tuesday.
- London's Independent newspaper, for instance, mused in its recent four-star review of his live performance that Little Hell was "likely to provide his true coming-of-age."
- But Green says he doesn't take such praise to heart. "You get to the point where you start believing the hype and you lose that buffer zone where you can tell if something that you wrote is (bad) or not," he said. "Because if everyone likes it, then you think, Oh geez, I can do no wrong."

PROVINCIAL SERVICES DURING A **CANADA POST STRIKE**

The Government of Ontario is working to ensure that critical government services continue to be delivered effectively in the event of a labour disruption at Canada Post.

ServiceOntario

All ServiceOntario centres, web services and kiosks are open for business. However, some ServiceOntario products that depend on mail delivery by Canada Post will be delayed.

Please read below for information on certain services. For up-to-date information on these ServiceOntario services, please visit ServiceOntario.ca/findservices or call 1-800-267-8097 or 416-326-1234.

HEALTH SERVICES:

- If your Health Card has expired, you will not be refused emergency heath care. Health card renewal notices will not be mailed during a postal disruption. If you renew your health card, be sure to keep the transaction record as temporary proof that you are covered by provincial health insurance.

DRIVER AND VEHICLE SERVICES:

- All driver and vehicle licensing services will continue to be available but renewal applications and driver licence cards will not be mailed out. Please renew your licence and vehicle permits on time. If your licence is expiring, temporary licences are available through ServiceOntario. For more information call 416-235-2999, or 1-800-387-3445.

CERTIFICATES:

- If you go online to order a birth, death or marriage certificate, it will be couriered to you.

OTHER SERVICES:

Arrangements have been made for the delivery of the following June payments: the Ontario Sales Tax Transition Benefit (OSTTB) and the Ontario Child Benefit (OCB). To help ensure the receipt of future federally administered benefits, you are encouraged to apply for direct deposit to avoid payment delays. Recipients can request direct deposit using 'My Account' service or completing the appropriate forms that are available on the Canada Revenue Agency's website at: www.cra.gc.ca/myaccount.

To help ensure the receipt of future provincially administered benefits, you are encouraged to contact the Ministry of Revenue to have your payments directly deposited into your bank account. Please call 1-866-668-8297 for the Guaranteed Annual Income System (GAINS) and Ontario Child Care Supplement for Working Families (OCCS) or 1-888-544-5101 for Rental Opportunity for Ontario Families (ROOF) and Short-term Rent Support Program (STRSP) or TTY: 1-800-263-7776 for all of these programs.

If you usually receive your Ontario Disability Support Program or Ontario Works payment by mail, you should contact your local office to find out when and where you can pick up your cheque, or call 1-888-789-4199 or 416-325-5666. TTY: 1-800-387-5559 or 416-327-4282.

If you usually receive or submit support payments to the Family Responsibility Office (FRO) by cheque, call 1-800-267-7263 or 416-326-1818. TTY: 416-240-2414.

For information about:

- Services at the Ministry of the Attorney General, call 416-326-2220 or 1-800-518-7901. TTY Toronto: 416-326-4012. TTY: 1-877-425-0575.
- Big Game Draw applications and Outdoors Card renewals, please visit www.ontario.ca/hunting or call 1-800-387-7011.
- Skilled workers' certification renewals or changes of address for journeypersons/apprentices call 1-800-448-9656 or 416-326-5525.
- Ontario government training services, call the Employment Ontario Hotline at 1-800-387-5656 or 416-326-5656.
- The Ontario Student Assistance Program (OSAP), to check status of OSAP applications or to apply online, visit www.ontario.ca/applyforOSAP. For information about OSAP by phone, call 1-877-672-7411 or TTY: 1-800-465-3958.
- Filing assessment reports and applications to record a mining claim, please visit www.ontario.ca/mininglands or call 1-888-415-9845.
- For information about Employment Standards call 1-800-531-5551 or visit www.ontario.ca/labournotice.

TAX PAYMENTS

- You can submit your taxes electronically for most Ontario taxes using the province's ONT-TAXS online service, by Internet banking service, tax banking, walk-in delivery to any Ontario Tax Office or by courier to the Ministry of Revenue, 33 King Street West, PO Box 620, Oshawa, ON L1H 8E9. To locate a tax office near you, or for information on how the postal service disruption impacts your tax responsibilities or benefit payments, call 1-866-ONT-TAXS (1-866-668-8297).

Paid for by the Government of Ontario

Ontario

Illness forces Adele to cancel tour dates

MATT SAYLES/THE ASSOCIATED PRESS

▶ Adele

British singer Adele has cancelled the remaining dates on her North American tour because of her laryngitis.

In a statement Friday, Adele said she was "really frustrated" but "there is absolutely nothing I can do but take the doctor's advice and rest some more."

The announcement came days after the singer postponed five dates on the tour. She is now cancelling the nine remaining shows.

The 23-year-old's sophomore album, 21, is the best-selling album of the year. It has sold close to two million units in America.

Her single, Rolling In the Deep, is currently No. 1 on Billboard's Hot 100 charts.

The statement also said that rescheduling the tour dates was "being investigated."

THE ASSOCIATED PRESS

Ciao, Cameron: Rodriguez back to his first love

Alex Rodriguez dumps Cameron Diaz Says he 'needs to focus on baseball' Sources say Diaz went overboard trying to please him

ALL PHOTOS GETTY IMAGES

▶ Alex Rodriguez

Cameron Diaz and Alex Rodriguez have called it quits, according to Perez Hilton, and Diaz is reportedly none too thrilled about it.

"They've broken up," a source says. "[Cameron is] hurt and betrayed, because she tried so hard to please him. She went overboard." And according to Page Six, Rodriguez was the one who instigated the split, telling Diaz "that he needs to focus on baseball and that's all there is to it," according to a source. "He thought she would be an easy girlfriend. But then she pushed for more of a commitment, and he told her to cool it." METRO

▶ Reps for both stars refused to comment on the breakup.

Penn and Scarjo calling it quits

Sean Penn and Scarlett Johansson have reportedly broken up after only a few months of dating, according to People magazine.

There was no reason given for the split, as reps for both stars refused to comment.

Some began speculating there was trouble when Johansson did not accompany Penn to the Cannes Film Festival, where his new film, Tree of Life, won the Palme d'Or, but the actress was said to be busy in New Mexico filming The Avengers. METRO

2% cash back at eligible drug stores†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.® Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

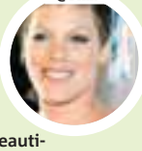
No ink for my girl: Becks

Tattoo enthusiast David Beckham admits he has a bit of a double-standard when it comes to his children eventually wanting to adorn their bodies. He tells Craig Ferguson that while his three sons are welcome to go under the tattoo needle, he doesn't feel the same about his soon-to-be-born daughter.

"I'm not sure I would let her get tattoos but the boys, I couldn't really argue with," he says. "I love mine personally, but I'm not sure they're going to look great when I'm 75." METRO

Amy Winehouse checked herself out of rehab after just one week of treatment, according to the Associated Press. Her rep confirms that the troubled singer is on the loose, adding that Winehouse is "raring to go" on tour around Europe this summer. METRO

Celebrity tweets


@Pink
"We are ecstatic to welcome our new beautiful healthy happy baby girl, Willow Sage Hart. She's gorgeous, just like her daddy."

@robcorddry
"Yes, we shoot in the same hospital where they shot Scrubs and it IS haunted... by the ghost of Zach Braff's appeal."

@Alec_Baldwin
"Interesting how if one gives an opinion here, you mostly get opinions of my opinion."

@bobsaget
"Excited my grandmother's coming to visit today. A little scared too, cause she passed away fifteen years ago."

Pay up: Cheryl

Cheryl Cole's dismissal from the U.S. X Factor has reportedly left her in a face-off with the show's production company, Fremantle Media.

The dispute is over pay for the four days of work she completed, according to the Hollywood Reporter.

The company is looking to avoid ponying up the cash without violating Cole's contract.

"They don't want to pay her," a source says. "It's a chess match."

Fremantle is reportedly now asking Cole to apply for a U.S. visa — and Cole is reportedly set to comply. METRO

▶ Cheryl Cole

LaBeouf weighs in on Megan's foxiness

Shia LaBeouf says former Transformers co-star Megan Fox never really had time to get comfortable with the sex symbol status that was thrust upon her thanks to their blockbuster franchise.

"This is a girl who was taken from complete obscurity and placed in a sex-driven role in front of the whole world and told she was the sexiest woman in America," he tells the L.A. Times. LaBeouf admits series director Michael Bay may not have helped matters: "Megan developed this Spice Girl strength, this woman-empowerment [stuff] that made her feel awkward about her involvement with Michael, who some people think is a very lascivious filmmaker, the way he films women," he says. "The one thing Mike lacks is tact. There's no time for, 'I would like you to just arch your back 70 degrees.'" METRO

▶ Megan Fox

3 life

You need this

Me to We books
Me to We has launched two new children's books. In Lessons From a Street Kid, Free the Children founder Craig Kielburger shares a special story about selflessness he experienced in Brazil. In My Masssaid Life: A Child's Adventure in Africa, author Robin recounts her journey from North America to the African savannah. Both books are available at Indigo and Chapters bookstores. METRO

ONLINE
metowe.com/shop

Battle Hymn of the Tiger Mother author Amy Chua admits regrets – but not about writing memoir.

THINKSTOCK.COM

▶ "Education in online spaces is absolutely crucial for younger people," says Zack Whittaker, a criminologist and blogger for iGeneration.

Kids on Facebook?

Mark Zuckerberg recently said, if he could, he'd open up the site to children under 13 Zack Whittaker, a criminologist and blogger for iGeneration, weighs in on the controversy

You wrote online that you're against children on Facebook. Why is that site different from MySpace or Friendster or even just MSN messenger, where kids can befriend random screen names?
Well, as Facebook draws in over 500 million users worldwide, it is natural for the site to attract the most attention. While others sites should not bask in the heat Facebook constantly feels with pressure from privacy advocacy groups, there is no difference between a seemingly random screen name on MSN/Windows Live and using a fake name on Facebook. Identity goes further than simply the name we use or details we hand over.

As a criminologist, what do you feel is the most effective way to stop predators? Or catch them?
This insidious relationship we have with online predatory behaviour is ubiquitous across sites involving children. Online sex offenders should be restricted from using social networks, but this simply prevents online reoffending. The balance should be maintained between children's access to offenders as well as offenders' access to children. A bipartite arrangement should be enforced, with children of a certain age — say 13 and upwards, as Facebook has as its current policy — are allowed on social networking sites, but with a restricted panel of privacy settings to prevent automatic disclosure of a child's information.

But how do we institute laws without violating privacy?
It is an immensely difficult balance to strike. Unfortunately, it is only for criminologists and sociologists to debate, and for respective parliaments, assemblies, congresses and legislators alike to implement. Privacy should be the foremost point for the minds of those constructing laws. If freedom of expression and speech can align with privacy — something the United States holds better than its British cousins — then we are at least one step in the right direction.

"A bipartite arrangement should be enforced, with children of a certain age allowed on, but with a restricted panel of settings."
ZACK WHITTAKER, IGENERATION

Should there be stricter guidelines for opening up a social media account?
Yes and no. Yes, in that it would prevent spam accounts from being created — formed from fake names that water down the concentrated social experience for the rest of the users. However, equally no, in that the less information there is about users online, the less chance that social media companies can misuse private user information, as Facebook has shown to do before.

What should I tell my kid? Once, I caught my 10-year-old niece chatting online with someone who was an adult, and she got a charge from it, not fully understanding the issue. Warning her just doesn't work.
Education in online spaces is absolutely crucial for younger people. Take into account cause and effect: If a child goes online, he or she should be aware of the vast array of consequences resulting from his or her actions. Parents should take an active approach in educating their kids online, but a massive disparity exists because many children are more in-tune with the online world than their parents. Schools should also take an active role in online education.

This is mostly a joke but, don't you think some adults should also be banned from Facebook?
Personally, I wish they would ban me. I would get so much more done in my working day.
METRO

Grilling for veggie lovers

Vegetables can get lost among the burgers and steaks These recipes for Grilled Salad & Veggie Orzo Salad let vegetarians fire up their grills

THE CANADIAN PRESS HO/ FOODLAND ONTARIO

▶ This recipe makes six servings.

This salad is fresh tasting, colourful, simple to prepare and sure to become a seasonal favourite. Grilling fresh asparagus and peppers brings out their natural sweetness, making the flavours more intense.

Ingredients:

- 500 g (1 lb) asparagus, trimmed
- 2 sweet peppers, seeded and quartered
- 50 ml (1/4 cup) olive oil
- 1 ml (1/4 tsp) each salt and pepper
- 325 ml (1 1/3 cups) orzo pasta
- 75 ml (1/3 cup) chopped sun-dried tomatoes
- 5 ml (1 tsp) grated lemon rind
- 20 ml (4 tsp) lemon juice
- 10 ml (2 tsp) liquid honey
- 175 ml (3/4 cup) crumbled feta cheese
- 50 ml (1/4 cup) each chopped fresh chives and dill
- 50 ml (1/4 cup) pine nuts (optional)

Preparation:

1. In a bowl, toss together asparagus, peppers, 15 ml (1 tbsp) of oil, salt and pepper. Place veggies on greased grill over medium-high heat; close lid and grill, turning occasionally, until tender-crisp and lightly charred, 5 to 8 minutes. Return to bowl and let cool. Cut into bite-size pieces.
2. In a large pot of boiling salted water, cook orzo for 7 minutes. Stir in sun-dried tomatoes; cook for 1 minute. Drain and rinse with cold water. Drain again and place in serving bowl. Stir in grilled vegetables.
3. In a bowl, combine lemon rind, lemon juice and honey; whisk in remaining oil. Pour over orzo mix. Add cheese, chives and dill; toss to coat. Sprinkle with pine nuts, if using.

THE ASSOCIATED PRESS/ FOODLAND ONTARIO

2% cash back at eligible grocery stores†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think.® Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

MATTHEW MEAD/ THE ASSOCIATED PRESS

Grilled Salad

Start to finish: 30 mins.
Makes: 10 servings

Ingredients:

- 500 ml (2 cups or 1 pint) cherry or grape tomatoes
- Olive oil
- Salt and ground black pepper
- 1 lemon, halved
- 1 lime, halved
- 3 hearts of romaine lettuce, halved lengthwise

Preparation:

1. Heat covered grill on high. Meanwhile, cut 2 sections of foil about 35 cm (14 inches) in length. Place half of the tomatoes in centre of each piece of foil, drizzle with olive oil and season with salt and pepper. Seal packets by bringing long sides of foil up toward centre and folding edges over a couple of times. Bring ends up toward centre and crimp foil shut.
2. Reduce grill to medium-high, place packets on grill. Place lemon and lime halves, cut side down, on grill. Close lid; cook 5 mins.
3. Drizzle olive oil over cut sides of romaine, season with salt and pepper. Open lid and use oil-soaked paper towel held with pair of tongs to coat grates. Place romaine halves, cut side down, on the grill. Cook with lid open for about 3 minutes or until the lettuce develops grill marks.
4. Remove packets from grill and open carefully (will release steam). Place romaine on platter and pour tomatoes over them. Squeeze lemon and lime halves over everything; serve.

THE ASSOCIATED PRESS/ LATIN GRILLING: RECIPES TO SHARE FROM ARGENTINE ASADO TO YUCATECAN BARBECUE AND MORE BY LOUDRES CASTRO (TEN SPEED PRESS, 2011)

THE CANADIAN PRESS HO

▶ Spinach and artichokes are the stars of this dish.

Quick meatless meal

This pasta spinach and artichoke dish is so quick and easy to prepare that it can be made in the time it takes to cook the rotini.

Preparation:

1. Cook pasta in boiling water according to package directions.
2. Heat large skillet over medium heat. Add olive oil, diced onion and pine nuts and sauté for 3 to 5 minutes or until onion is cooked.
3. Add artichokes, dried cranberries, spinach, red pepper flakes and pepper. Sauté for another 2 minutes or until spinach just starts to wilt.
4. Add garlic and sauté entire mix for about 1 more minute. When pasta is ready, drain and toss with skillet ingredients. Serve sprinkled with Parmesan cheese and lemon slices.

THE CANADIAN PRESS/ CATELLI

Ingredients:

- 1 375-g box whole-grain rotini
- 45 ml (3 tbsp) olive oil
- 1 medium onion, diced
- 50 ml (1/4 cup) pine nuts
- 1 can (170 ml/6 oz) marinated artichoke hearts, drained and chopped
- 150 ml (2/3 cup) dried cranberries
- 1 bag (227 g/8 oz) baby spinach
- 2 ml (1/2 tsp) crushed red pepper flakes
- 1 ml (1/4 tsp) black pepper
- 4 cloves garlic, mined
- Grated Parmesan cheese
- Fresh lemon slices, for garnish

Save dollars, make sense

From using efficient appliances to building rooftop gardens, there are simple ways to live a green life

BEN KNIGHT
GREEN@METRONEWS.CA

A home is the largest — and often oldest — possession many Canadians own. The world is changing rapidly, and even a house as young as 50 years old was built in a time where building methods and future priorities were very different than they are now.

As a result, home renovation is booming across the country. And — like any other growth industries — green, eco-friendly projects are more popular than ever.

"There's always an energy-efficiency step you can take," says Steven Price, senior director for conservation, science and practice with WWF-Canada. "The best thing to do is get an energy audit. They're not very expensive, and if you want to target your money for best value, an energy audit will help you figure out the best place to go."

Price recently renovated his 100-year-old semi-detached home. He says the Internet is filled with useful information, big-box retailers offer lots of green advice, and the money you invest will absolutely hold its value.

ISTOCK PHOTOS

▶ There are a few simple things you can do to make your home more ecologically friendly.

"In most cases, if you have the capital to invest in home insulation or more efficient appliances, it will pay back in the long run. On energy, that will be increasingly true as prices go up in the future. It's harder to justify the gray-water tanks and the cisterns from a price point alone. But they will become more and more affordable with time — as water becomes the new oil, in terms of its preciousness."

Price also saved money by recycling old ceiling beams and discarded bricks into a beautiful bar top, and an eye-catching renovated fireplace.

"Everything old is new again," he says, "but we're doing it with modern approaches."

Another inspired idea is greening your roof — literally.

"We made a garden on a flat roof — about the size of an apartment balcony. We're able to grow mint and spices, and have a sitting chair. That's pretty nice."

Every bit helps, Price concludes, and it's a way an entire city can become less ecologically disruptive.

Energy

Your energy audit aid:

Website According to homeperformance.com, London homeowners are eligible for Ontario rebates to help cover the cost of energy audits on their homes. An initial audit must take place before you renovate, with a second following within 18 months of project completion.

BEST, DAD, EVER.
The Metro Life Panel wants to know what are your Top 10 Memorable Moments with Dad?
Results will be published in the Father's Day Special Feature in Metro on June 16.
REGISTER TODAY!
METROLIFEPANEL.CA
Survey will be emailed to panelists on June 9.
metro life panel

UNCORKING TRUTHS BEHIND ORGANIC WINE

What's the difference between organic wine and conventional wine?
Peter of Vancouver

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Wineries that produce certified organic wine cannot use toxic pesticides, herbicides or synthetic fertilizers to grow grapes. An organic vineyard will fertilize crops with compost, compost teas, green manure and cover crops. Instead of herbicides, they rely on mechanical weeding, mowing around the vines, mulching and companion planting. To avoid the use of insecticides to control cutworms, organic practices include grazing chickens under the vines or picking cutworms off the leaves one by one.

Certified organic wine doesn't use any genetically

modified organisms (GMOs) either. GMO yeast, for example, is allowed in conventional wines. And when it comes to other additives, certified organic wines don't contain sulphites. However, wine labelled "Made with organically grown grapes" may have sulphur dioxide. The latter might also be processed using the same equipment and in the same facility as conventional wine.

So among organic wines, bottles with a third-party certified organic label would meet the highest standards. You also come across biodynamic wines. Biodynamic farming techniques use a vineyard's natural resources to cultivate grapes without pesticides, fungicides, herbicides, synthetic fertilizers or growth stimulants. A certified biodynamic vineyard often meets or exceeds the standards and regulations for organic-certified farming.

Some wineries also take land stewardship and living in harmony with wildlife seriously. They educate workers, asking them not to kill native snake species, which are often rare or endangered. They might install snake barrier fencing and incorporate worker safety training. Others restore native habitats through planting native shrubs, wildflowers and grasses or account for losing some of their harvest to local wildlife like bears.

David Suzuki Foundation

On discovering the ‘can’ in Canada

Royson Ng’s business success story is inspiring new Canadian citizens to achieve their goals and thensome

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

“Canada is a goldmine of opportunity,” says Royson Ng from his large corner office at Samtack Inc. Now the award-winning entrepreneur and businessman is helping other new immigrants find their turning point in Canada and is showing them by example.

When he first came to Toronto from Malaysia with his wife and young family, Royson was told “You have a degree — so what?”

He pumped gas, repaired clocks and worked at Future Shop. Within three months Royson moved into management and eight years later found himself being courted by Sammy Chiu of Samtack Inc. to take his company public.

After Royson’s arrival in the corner office, Samtack’s revenue soared from 20 million a year to over 400 million worldwide.

Today 97 per cent of all Samtack employees are new immigrants.

“I tell them, ‘You think you were very good where you came from? Well, forget it, burn the bridge and move on.’ Giving money is one thing but I believe that you should also give a part of yourself. I get a lot of satisfaction from that.”

Giving back to the community and to his adopted country. That’s what makes Royson Ng a Canadian success story.

▶ Royson Ng, President of Samtack Inc. holds the New Immigrant Welcome Kit he created while President of the Association of Chinese Canadian Entrepreneurs.

Let’s take this class outside

The Trees of Knowledge program is inviting Canadian schools to think outside the classroom and focus on the benefits of learning outdoors.

Schools are invited to apply for a chance to win a customized open-air classroom, valued at $20,000. This classroom, based on the school’s submitted design, would consist of a landscaped, green infrastructure and could include elements like boulders, topsoil and trees.

Organizers believe the program will help foster the students’ environmental ethics and improve social interactions. Deadline for application is August 12, 2011.

The program is funded by household paper product company Majesta. To apply, visit majesta.com

METRO

Supply Chain & Logistics.
Employing over 700,000 Canadians.

Enter one of Canada’s Hottest Career Paths, employing over **700,000** Canadians!

triOS COLLEGE
BUSINESS • TECHNOLOGY • HEALTHCARE

triOS College offers more than 25 Diploma programs in Business, Technology, Healthcare and Law.

Choose from exciting career opportunities including Networking, Paralegal, Community Service Worker, Video Game Development, Web, Police Foundations, and more.

Choose Your Path to Success:

- Supply Chain & Logistics
- Supply Chain Purchasing & Inventory Management
- Supply Chain Transportation
- Supply Chain Customer Service Representative

Learn More. Call triOS:
1-877-739-6171
triosLondon.com
London Campus: 520 First Street

YOU’VE FOUND THE
GREEN LANTERN ICON!
VISIT
TO ENTER
and tell us the page
you found this on for a chance to WIN a trip to the L.A. premiere
of GREEN LANTERN or passes to see the film!

POSITIONS VACANT

We are a newly established company;
we have the following positions available:

Sales Rep • Cleaners • Secret Shoppers
Customer Service • Accountant
General Labor • Marketers • Drivers
Writing and Editing

If you are interested in any of the listed positions:
Email: LEECRATEE@GMAIL.COM for more details
concerning the job description and interview.

4 sports

Canucks halfway to prize, but toughest part remains

Series heads to Boston, where Bruins are 7-3 in 2011 playoffs

CANUCKS BRUINS

Time: 8 p.m.
TV: CBC

The Vancouver Canucks didn't embark on this particular business trip with celebrating on their minds.

Halfway home to the Stanley Cup, the team landed in Boston with the opportunity to claim its first ever championship before getting on another plane. The mere prospect of that had people celebrating on the streets of Vancouver long into yesterday morning, but the enthusiasm didn't rub off on the players who will be charged with getting the job done.

"It's been tight, really close games," forward Henrik Sedin said last night. "Both could have gone either way. We know that we have to play better.

"They're a good team and we've got a lot of respect for those guys."

With Game 3 looming at what promises to be an amped-up TD Garden tonight, the Canucks are expecting to see a different Bruins team than the one they beat twice at Rogers Arena.

An old adage suggests a playoff series isn't over until a team has lost on home ice. The Vancouver players are willing to take it even further after watching Chicago erase a 3-0 deficit in the first round and force overtime in Game 7.

"If there's anything this playoffs have taught is, it's that you can't (get ahead of yourself)," said forward Jannik Hansen. "You've seen how many series have been up and you think, 'Oh now the team is going to close it out,' and suddenly the other team has been back. We've had that experience ourselves."

The Canucks are coming across as extremely poised in the midst of an emotional time. They're riding a wave of positivity after scoring a Game 1 victory on a goal by Raffi Torres with 18.5 seconds to play before pulling Game 2 out just 11 seconds into overtime on an Alex Burrows wraparound.

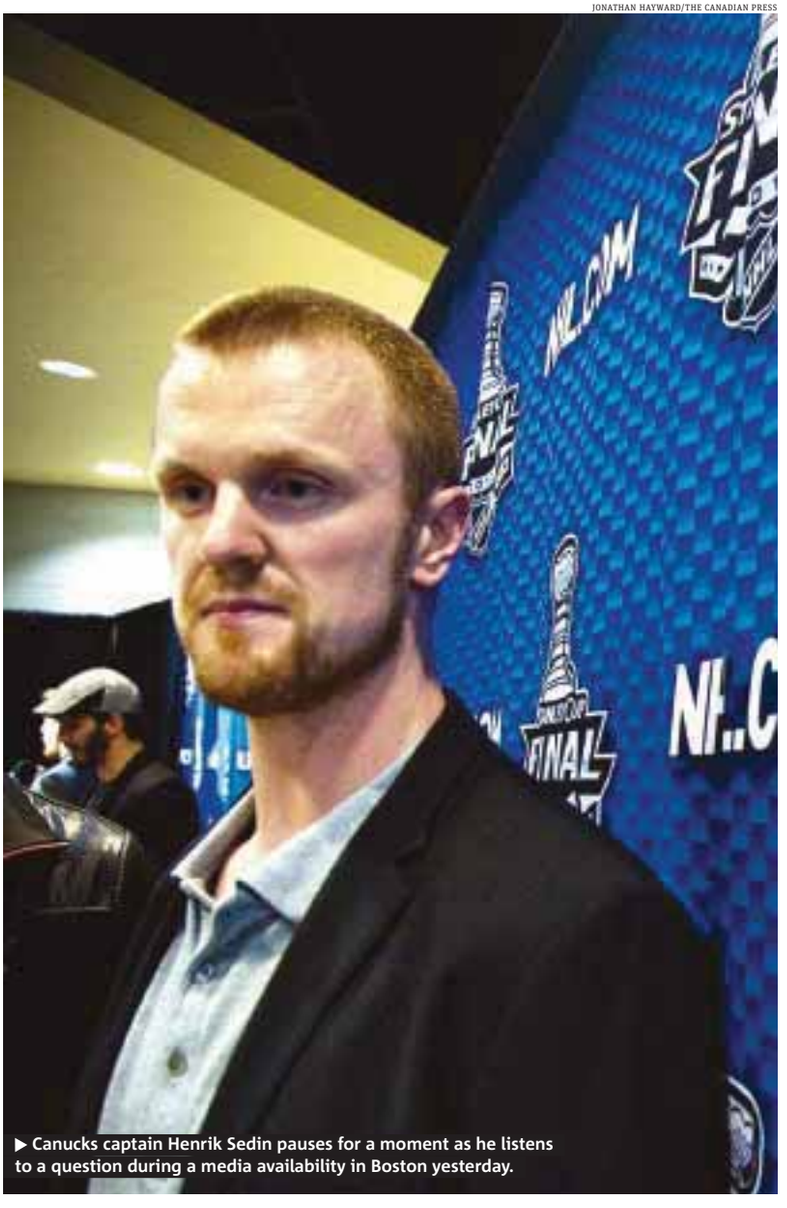
It's put a long-awaited championship just outside of their grasp.

"I think the players have to be focused on the task at hand," said Canucks coach Alain Vigneault. "If you are focused on the task and what you need to do to perform well, then your emotions are the right ones, your intensity is the right intensity and you can go out there and execute."

The series is starting to see some bad blood develop between the teams. Vigneault referred yesterday to a Rich Peverley slash on Kevin Bieksa as a "cheap-shot" that "you don't want to see in the game."

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS



▶ Canucks captain Henrik Sedin pauses for a moment as he listens to a question during a media availability in Boston yesterday.

Quoted

"The feeling is awesome. That was one of the best races of my life and the best swim I have ever had. I was so happy with my swim that it gave me so much more confidence the rest of the way."

EDMONTON NATIVE PAULA FINDLAY, WHO WON THE MADRID ELITE WOMEN'S TRIATHLON YESTERDAY. FINDLAY HAS WON THE FIRST TWO EVENTS OF THE SEASON AFTER CLAIMING THE SYDNEY TRIATHLON IN APRIL AND THE WORLD SERIES CHAMPIONSHIP LEADER.

Scan code for more sports.

Future uncertain for Burress

Locked up for 20 months for illegally carrying and firing a gun at a Manhattan nightclub, Plaxico Burress is ready to walk out of prison and face another grim reality, a lockout that could jeopardize the resumption of his football career.

The former New York Giants receiver who caught the game-winning pass in the 2008 Super Bowl is set to leave the Oneida Correctional Facility in upstate New York today. Burress, who turns 34 in August, plans to return to his Florida home to spend time with his wife, son and daughter.

Unlike Michael Vick, released in 2009 from a federal term for dogfighting, Burress doesn't have a league waiting to bid on his services.

But "he will play in the NFL this year," Drew Rosenhaus, Burress's agent, said in an email to The Associated Press. "Many teams want him. He will be a top free agent. He is healthy and ready to go. He will be signed shortly after the lockout ends."

THE ASSOCIATED PRESS

Sports in brief

Stricker wins the Memorial

PGA. Steve Stricker finally found the winning formula at the Memorial yesterday.

Stricker, who had never finished in the top 10 in his 11 previous trips to Muirfield Village, built a big lead on the front nine and then relied on his silky putting stroke for two clutch pars to hang on for a one-shot victory. THE ASSOCIATED PRESS

Pistons pull plug on coach

NBA. The Detroit Pistons fired coach John Kuester yesterday. He was 57-107 over two years with Detroit. THE ASSOCIATED PRESS

CHRISTOPHE ENA/THE ASSOCIATED PRESS

▶ Rafael Nadal returns the ball to Roger Federer yesterday.

Nadal bests Federer in Open final

Spanish star matches Borg with his 6th French Open win

Regardless of the setting or the surface, Rafael Nadal confounds Roger Federer the way no other man can.

Put the two greats of the game on opposite ends of a court in a Grand Slam final — particularly at Roland Garros, on the red clay that Nadal rules — and the one-sided nature of the rivalry grows even more pronounced.

Grinding along the baseline, using every inch of his wingspan to extend points, whipping fearsome forehands this way and that, Nadal flummoxed Federer yet again yesterday in a riveting, highlight-filled match, beating him 7-5, 7-6 (3), 5-7, 6-1 for a record-tying sixth French Open championship and 10th major title overall.

"He plays better against the better ones, and that's what he showed today," said Federer, owner of 16 Grand Slam trophies. "He's a great champion, on clay, especially."

There's no question that Nadal is as good as it gets in Paris — 45-1 for his career, and the same number of titles there as Bjorn Borg — but the Spaniard already also has shown that he is much more than the King of Clay. And yesterday's victory only will raise more questions about whether Federer truly deserves to be called the Greatest of All Time if he is not even the Greatest of Right Now.

MICHEL EULER/THE ASSOCIATED PRESS

"I was able to play my best when I needed my best. For that reason, today I am here with the trophy."
RAFAEL NADAL

Nadal leads their head-to-head series 17-8. That includes a 6-2 advantage in Grand Slam finals and a 5-0 edge at the French Open (in the 2005 semifinals, and the 2006, 2007, 2008 and 2011 finals).

When a reporter recited those numbers and asked for an assessment, Nadal replied: "Well, it means I can play well, too.

"When you talk about these statistics, when you try and make these comparisons, really it's not very interesting to me," continued Nadal, who would have ceded the No. 1 ranking to Novak Djokovic with a loss yesterday. **THE ASSOCIATED PRESS**

2% cash back at eligible gas stations†.

Visit metronews.ca/momentum and tell us the page you found this on for your chance to WIN $10,000 in cash and one of 5 weekly cash prizes of $2,000.

You're richer than you think®

Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. †Refer to our ad in this paper.

WINNIPEG

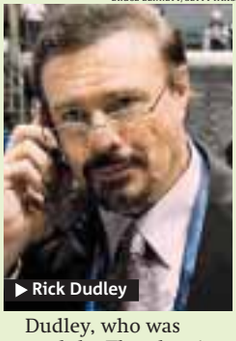
Thrashers GM won't make the trip north

Rick Dudley won't be part of the NHL's return to Winnipeg.

True North Sports and Entertainment confirmed yesterday that it will not retain Dudley's services as general manager when the Atlanta Thrashers relocate to the Manitoba capital next season.

The company purchased the Thrashers earlier this week and has already met its goal of selling 13,000 season tickets.

BRUCE BENNETT/GETTY IMAGES



▶ Rick Dudley

Dudley, who was named the Thrashers' GM in April 2010, had four years remaining on his contract.

"After meeting with Rick Dudley this week, we have decided to go in another direction with the position of general manager of our team," True North chairman Mark Chipman said in a release. "We informed Rick of our decision late (Saturday) afternoon, and thanked him for his work in building a foundation and future for this team."

Craig Heisinger, the general manager of the American Hockey League's Manitoba Moose, is expected to be a key piece of the NHL club's front office. When sale of the team was announced, Chipman said Heisinger would play a "significant role."

Chicago Blackhawks assistant general manager Kevin Cheveldayoff has also been linked to the club.

True North did not say who will be in attendance on the team's behalf at the NHL's GM meetings in Boston on Wednesday.
THE ASSOCIATED PRESS

Bruins sticking to their game plan

After making the long trip home yesterday, the Boston Bruins didn't walk off the plane with a long list of changes or adjustments planned.

Instead, their strategy for getting back into the Stanley Cup final against the Vancouver Canucks was to stick with what got them here. Facing a virtual must-win Game 3 tonight, the Bruins were looking to embrace the energy of playing on home ice — they're 7-3 at TD Garden during this post-season — while continuing to ride Zdeno Chara and Tim Thomas.

Those two men were both beaten by Alex Burrows before he brought a quick end to overtime in Game 2. Thomas was caught out of his goal as Burrows outraced Chara to score on a wraparound, but the Bruins goalie scoffed at the notion he might want to tone down his aggressive style.

"I have a pretty good idea of how to play goalie," Thomas said yesterday. "I'm not going to be taking suggestions or advice at this time. I'm just going to keep playing the way I have."

There was more than a hint of defiance from the Eastern Conference champions, who clearly feel unlucky to be trailing the series 2-0 after a pair of one-goal losses.

Coach Claude Julien came to the defence of both Thomas and Chara, the towering six-foot-nine defenceman who had a tough outing in Game 2. The Bruins captain is averaging more than 28 minutes per game in the playoffs and shouldn't expect to see that workload eased any.

"Where we are right now, we have to look at it this way: He's got all summer long to rest," said Julien. "Now is not the time to start giving him a rest. We're in a fight here for a Stanley Cup.

"He's capable of taking it."

Julien hinted at needing to make a few small "corrections" before the puck is dropped for Game 3. **THE CANADIAN PRESS**

HELP WANTED

General Help

London Squash & Racquet Club seeks Prof. Squash Coach for JR Squash Prgm to plan, develop & implement training & competitive schedules;
Must have Level 4 Cert. in Coaching
5 yrs. of squash coaching exp. at jr level.
Full time (35 hrs/wk) @ $21.00/hr.
Please send resume & cover letter to:

London Squash & Racquet Club,
Attn: M. Shaw,
76 Albert St., London, ON N6A 1L8.
Ref #831892 when applying.
Only qualified candidates will be contacted

Seeking Full Time Representatives
to help keep up with our ever growing business demands.
No experience necessary.
Training provided for accepted applicants. Students welcome.
Scholarships available.
Fantastic career opportunities!
519-645-6662

Public Auctions

NOTICE OF PUBLIC AUCTION

Storage-Mart #3001 328 Commissioners Rd. West, London, Ontario on Friday June 17th @ 10:30am Units – 1507A Sara Mezenberg, 0117A Theresa O'Neil Friday June 24th @ 10:30am Units – 0421D James Saunders • Storage-Mart #3004 155 South Edgeware Rd, St Thomas, Ontario Thursday June 16th @ 10:30am Units – 519 Cameron Muller, s218 Jeff Barrett • Storage-Mart #3032 85 Westney Rd. S, Ajax ON Friday June 24th @ 10am Units – 7210 Jasmin Seputis, 4220 Michael Bradley, 3030 Monique Clarke • Storage-Mart #3033 1700 Alliance Rd., Pickering ON Friday June 24th @ 11:30am Units – C16 Gregory Barras, C43 Randy Burrell

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s)

UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, furniture, office furniture, appliances, lawn equipment, tools, ladders, luggage, toys, fridge, stove, leather couches, clothes, grills, coolers, Christmas tree and decorations, electronics, file cabinets, mattress & bed springs, sporting goods, suitcases, misc boxes, bags & plastic totes.

Items will be sold or other wise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale. the right to overbid. All items or spaces may not be available on date of sale. Please call 416.503.0892 ext 2 for auction times.

General Help

Start with Primerica and build a new career in Financial Services.
PT/FT, will train.
Call Jim (519) 670-3032

Office Help

New Location! Now Hiring F/T & Summer
All Positions Avail. CSR, Marketing, Sales and Management No Exp. Req.
Call NHS today: 519 913 3140 Mon – Fri

AUTOMOTIVE

Cars & Trucks for Sale

2002 VW PASSATT
automatic,
ONLY! 147 km
$4,550 as is!
Dennis Krogman Auto Sales - Since 1973
448 York St, London, Ont
519-438-1182

Public Auctions

THERE ARE BETTER WAYS TO MAKE YOUR VOICE HEARD

Join the METRO LIFE PANEL & have your voice heard alongside other readers of the world's largest newspaper.

JOIN AT METROLIFEPANEL.CA

metro life panel

HOUSEHOLD SERVICES

General Services

DO YOU SUFFER FROM THE ANNOYING SYMPTOMS OF DUST MITE ALLERGIES??

Participate in a clinical research study testing the effect of an investigational medication on the symptoms associated with Dust Mite allergies.
Call now to see if you qualify.

Contact KGK Synergize Clinic:
519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com

Participants are compensated up to $8300 for their time.

KGK synergize

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Too busy to do groceries?
GROCERY GUY
I Shop & Deliver for you!
For more information contact me!
groceryguy@rogers.com
519-636-8533

Trades

DENNIS BERRISFORD
West Lorne

STEEN MARCUSSEN
Strathroy

D&S plumbing and Heating

Over 30 Years Combined Experience
Master Plumber License
#20030756
dsplumbing@bellnet.ca

Quality At It's Finest!
PHONE: 519-472-7048
FAX: 519-472-7049
1970 Mallard Rd. Unit #2, London, ON
West Lorne: 519-768-3883

Cleaning Services

Home Comfort Cleaning Insured and bonded 15yrs exp. Residential and Offices. Seniors discount! Licensed duct cleaning available! Reasonable Rates Call 519-643-8299

Residential House Keeping
Experienced, reliable, low rates
LET ME DO ALL YOUR DIRTY WORK
Call (519) 680-1859

Movers

Make the easy move! *Sprint Moving Service*
Bonded, insured, 24/7 services,
Rates start at $60/hour Free estimates
theeasymove.ca (519) 859-4770

Trades

DON'S CUSTOM PAINTING
All your painting needs. Indoor & outdoor.
519-631-7314

• Painting • Taping • Dry Walling •
Are your walls in need of Painting, or Dry Walling? Still have unfinished projects?
Call Chuck at 226-234-5928

PETERS CARPENTRY
Specializing in new homes, custom made wall units, cabinets, etc.
Please call - 519-871-7430

Woman hardwood & laminate installer
Over 7 years experience in London & area
Hardwood, Laminate, Trim, Repairs, etc.
Free estimates call Kristina 519-670-4777

Trades

GRADUATE
Graduate's Name
Graduated from Halifax College University on May 13, 2010 with a Bachelor of Science.
Graduate is the daughter of John and Jamie-lee Doe, Granddaughter of Herald and Maud Doe of Halifax.
Graduate has accepted a position in her field in Cape Breton.
We're so proud of you! Mom & Dad

Announce your special occasion in Metro London

You provide your special photo and 60 words or less, and we'll take care of the rest!
Actual ad size is 1.535"x 4.796".
For only $89

Call Metro Classifieds today
1 800 527-6767

ANNOUNCEMENTS

Community Events

WEDDINGS, ANNIVERSARIES, PARTIES, ETC.
Call Dave's Music Service (519-455-5502)
JUNE PROGRAM FOREST CITY EAGLES
500 1st Street, London
JUNE 4 Fund Raiser -Re-Murder of Donna J. Awcock
JUNE 5 Karaoke with Great Local Talent
JUNE 12 Karaoke with talent from South Western Ontario
JUNE 18 Father's Day Dinner & Dance $15
JUNE 19 130pm-530pm - Karaoke Guy Lombardo Celebration 6pm, Steak, dinner and dance. *The Royal Canadian Style* $15
JUNE 26 Karaoke - Sunday @ 2pm
Dale Brain Injury Services and Corner Stone Clubhouse acknowledges and thanks Forest City Eagles for their recent donation.

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

You'll this.

DOWNLOAD THE NEW METRO APP for your Blackberry, iPhone and iPad.

BlackBerry App World
Available on the App Store

metro

ADMITTING YOU WANT TO WIN PRIZES AND GET GREAT DISCOUNTS IS THE FIRST STEP.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM

club metro

SELL YOUR STUFF
SPEND LESS, MAKE MORE!

For a limited time **all yard** sale ads will receive:
2 days for $20 taxes included!
Good for ads on Thursdays and Fridays. Full colour. Free design.

Call 1 800-527-6767
and book today!

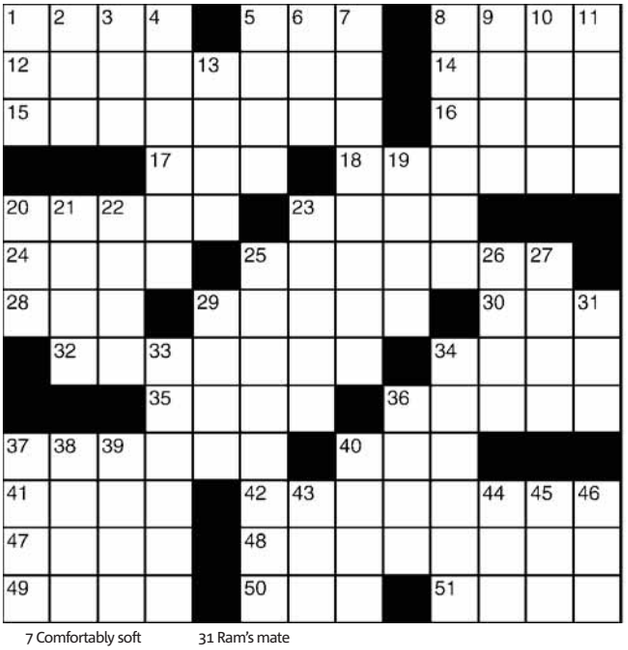
metro

LOVE TO PLAY?

Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!

metro play
Available on the App Store

Crossword



Across

1 Rock band's equipment
5 One of the Seven Dwarfs
8 Mr. Astaire
12 Ladyfingers dessert
14 Of planes and such
15 Huge
16 Bowling alley
17 Roman X
18 Aide
20 Extinct birds
23 Faction
24 Culture medium
25 Articulate
28 Morning moisture
29 Mel who voiced Bugs Bunny
30 Shock and —
32 Study of wine (Var.)
34 Distort
35 Website info, for short
36 Cubic meter
37 Fujiyama's island
40 Gentleman's address
41 Jai —
42 Famed World War II bomber
47 Describe
48 Manicurist's need
49 Enemies
50 — Aviv
51 Protection (Var.)

Down

1 Consumed
2 60 sec.
3 Expert
4 Tailor, old-style
5 Singer Celine
6 Buckeyes' sch.
7 Comfortably soft
8 "I've —, and I ..."
9 Harvest
10 Sea eagle
11 Active one
13 Sras., across the Pyrenees
19 Sch. goings-on
20 Old man
21 Curved molding
22 Sunrise
23 Hosiery woes
25 Speaking well
26 Birthday treat
27 Basin accessory
29 Mediocre
31 Ram's mate
33 Cover a multitude —
34 Fly low and attack
36 Ledge
37 50 percent
38 Hodgepodge
39 Appellation
40 Dirt
43 Scot's denial
44 Showbiz job
45 "The Greatest"
46 Affirmative

▶ Yesterday's answer

W	A	N	■	C	R	O	W	■	E	M	I	T
E	M	O	■	O	U	C	H	■	M	E	S	S
B	I	R	T	H	D	A	Y	■	B	O	L	A
■	■	■	T	R	E	E	■	L	O	W	E	R
A	S	H	E	N	■	V	O	I	D	■	■	■
R	O	S	Y	■	L	I	P	S	Y	N	C	H
M	O	E	■	B	I	D	U	P	■	E	A	U
S	T	A	T	U	T	E	S	■	S	T	A	B
■	■	■	E	C	H	O	■	T	O	W	N	S
F	L	U	N	K	■	■	S	I	L	O	■	■
L	A	P	P	■	S	E	T	F	O	R	T	H
A	N	T	I	■	P	R	O	F	■	T	E	A
P	E	O	N	■	Y	E	W	S	■	H	E	W

Sudoku

		8	9		2			
	2					3	7	
3	6				1	2		
1		7	8				4	
				9				
	4				7	8		5
		5	3				9	6
	3	2					8	
			6		8	1		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	5	6	7	9	2	4	8	3
7	3	4	6	1	8	5	9	2
9	2	8	4	3	5	1	7	6
4	1	9	8	2	6	7	3	5
6	8	2	5	7	3	9	1	4
3	7	5	1	4	9	2	6	8
8	9	3	2	5	1	6	4	7
2	4	1	3	6	7	8	5	9
5	6	7	9	8	4	3	2	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

M, The night you told me you've never loved anyone the way you loved her, that she was the one that got away, if you only knew how much that mirrors how I feel about you. It crushed me to hear it, but I swallowed the pain and pretended not to care. Just as I pretended to move on, but I could never move on from you. I love you so much and I'm working on getting us back to that happy place we once were. You're my blessing, my miracle. I can only hope that one day you'll see in me what I see in you.
From **J**

Barbie , NO NO NO I won't go !!!! Am happy here with MY darling wife! KISS GOODBYE will always care but no more secrets no more lies no more tries
From **KEN**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** March 21-April 20 Do something different today, something you have not attempted before.

♉ **Taurus** April 21-May 21 If you know what it is you are after there is every chance that you will get it today.

♊ **Gemini** May 22-June 21 You have plenty of talent but for some reason you seem reluctant to use it.

♋ **Cancer** June 22-July 22 Too long you have stood on the side while others have profited.

♌ **Leo** July 23-Aug.23 You may be tempted to close your ears to advice but if you do you will miss out on important info.

♍ **Virgo** Aug. 24- Sept. 22 Everything will fall into place over the next 24 hours.

♎ **Libra** Sept. 23-Oct. 23 Don't let others tell you that your reward isn't deserved because no one deserves it more.

♏ **Scorpio** Oct. 24-Nov. 22 You will have to get tough with someone who has let you down.

♐ **Sagittarius** Nov. 23-Dec. 21 Go out of your way to be supportive to friends and they will help you later .

♑ **Capricorn** Dec. 22-Jan. 20 Make efforts to reach out to people who can help you on your rise to the top.

♒ **Aquarius** Jan. 21-Feb. 18 Don't worry if others criticize you today.

♓ **Pisces** Feb. 19-March 20. No matter how badly others may have behaved it's time to move on. SALLY BROMPTON

Caption contest

APICHART WEERAWONG/THE ASSOCIATED PRESS

FELIPE DANA/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

You'll this.
DOWNLOAD THE NEW METRO APP
for your BlackBerry, iPhone and iPad.
App Store
BlackBerry App World
metro

Presenting the fixed short long variable mortgage. Don't worry, we'll explain.

Deciding which mortgage term to go with is never easy. Locking in could mean missing out on a rate drop, while going variable makes you vulnerable to a potential interest rate increase. But what if you could take the benefits of both and put them to work for you?

With the *Scotia Total Equity*® Plan, a *Scotia*® advisor can help you get both stability and savings. It's that simple.

A *Scotia*® advisor can show you how.

letthesavingbegin.com

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. ™ Trademark of The Bank of Nova Scotia.